

# Know Your Numbers

## Tips to Lower Blood Pressure

### Week 2

Lifestyle changes can help you control and prevent high blood pressure, even if you're taking blood pressure medication. Here's what you can do:

**Increase physical activity.** Regular physical activity can help lower your blood pressure, manage stress, reduce your risk of several health problems and keep your weight under control.

For most healthy adults, the Department of Health and Human Services recommends that you get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. Aim to do muscle-strengthening exercises at least two days a week.

**Limit alcohol.** Even if you're healthy, alcohol can raise your blood pressure. If you choose to drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger. One drink equals 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof liquor.

**Don't smoke.** Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries. If you smoke, ask your doctor to help you quit.

Source: <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/lifestyle-home-remedies/con-20019580>

**\*\*For additional help implementing these changes, take advantage of your health coach!**

To set up your appointment please contact your Agnesian Health Coaches at Tara: 920-926-5678 or Angie 920-926-5508 or e-mail [workandwellness@agnesian.com](mailto:workandwellness@agnesian.com).